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The mission of EPMA

The EPMA was formed in 2009 to cover particular deficits in medical sciences and healthcare. The main objective of the EPMA is to promote the paradigm change from delayed reactive medical services to evidence-based Predictive, Preventive & Personalised Medicine (PPPM) as an integrated science and healthcare practice.

The EPMA promotes innovative PPPM related investigations integrated into the actually performed European Commission program “Horizon 2020”, which aims to effectively advocate excellence in biomedical and medical sciences, while creating international integration and collaboration between innovative medical fields.

Several approaches have been suggested in ancient and modern medicine to conduct medical services in an optimal way. Currently there are too many different names of medicine, frequently confusing patients and even professionals. What is the difference between “Person-centred”, “Individualised”, “Stratified”, and “Precision” medicine, amongst others? How big is the potential beyond corresponding approach to satisfy the needs of the individual, the patient, professional groups involved and society at large?

In 2016, the dedicated EPMA working group has performed a deep analysis of the issue followed by the expert recommendations considering the multifaceted aspects of both “disease care” and “health care” practices. Conclusion and recommendations are summarised in the **EPMA Position Paper 2016 released by the EPMA J:**

<https://www.ncbi.nlm.nih.gov/pubmed/?term=epma+position+paper+2016>

Why is this an important topic for the future of medical care?

The ethical imperative of medicine is to identify **the right patient** treating them with **the right medication** and **the right dose** at **the right time**. However, good but empty slogans are not helpful – they should be achievable and this requires a feasible approach.

A citizen with an actual or potential disease wants a medicine in which they are at the centre, a medicine which is tailored to their individual patient profile, a medicine which is able to predict and prevent possible diseases. They are not interested in the actual classification term of this kind of medicine; however they are interested in the reasoning behind the classification of the medicine, in order to appreciate its potential ability to

restore health. And this is the real advantage of speaking in terms of Predictive, Preventive and Personalised Medicine: the patient understands what is going on!

PPPM lends itself to an overarching umbrella under which the main ethical issues of contemporary biomedicine could be positively tackled. Certainly a predictive and preventive approach could imply several ethical problems. For example: overdiagnosis and overtreatment; detection of incidental findings; psychological burden and severe existential choices connected with the potential for a disease to be passed onto our offspring.

Contextually, PPPM plays a crucial role as the optimal medical partner of serious ethical counselling offered to actual or potential patients, in order to empower them to make an informed choice about the diagnostic, surveillance or therapeutic path to take; especially when these paths intersect ethical or existential problematic situations that they have to solve.

Please convey our message to your organisations and professional networks!